

Waiver & Release of Liability

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, do hereby absolutely and forever waive and release the United States and its agency, the Veterans Affairs and its officers, employees, and agents from any liability for any personal injury or death arising from my participation in the scheduled Veterans Day 5K Run. The Martinsburg VAMC strongly recommends medical clearance before participating in any exercise program. I attest and verify that I am physically able and have effectively trained to complete this race. I have read the above conditions and accept them as shown by my signature.

Signature

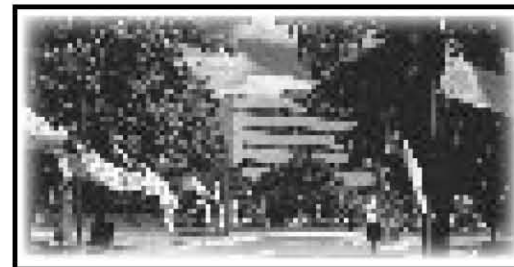
Date

Signature of Parent or Guardian if entrant is under 18 years of age.

Date

Recreation Therapy
5K Run
VA Medical Center
510 Butler Ave.
Martinsburg, WV 25405

Veterans Day Road to Freedom



**5K/1K
Run, Walk or Roll**

November 12, 2011
9:00 A.M.



Veterans Affairs Medical Center
Martinsburg, West Virginia

Join the Martinsburg Veterans Affairs Medical Center in honoring our Nations Veterans on this special day. All proceeds to benefit veterans activities.

Run on an entirely flat course through the inspiring "Avenue of Flags".

T-shirts & Beanie hats w/logo while supplies last.

Mark Your Calendar!

Saturday, November 12, 2011
Beginning at 9:00 A.M.

Veterans Affairs Medical Center
is located on Route 9
4 miles east of I-81 Exit 12.

Entry fee/Awards:

Registration fee \$30.00
Male, Female, & Veteran Age Group
Awards.

Please make checks payable to:
the Martinsburg VA Medical Center.

Mail entry form to:



Recreation Therapy
5K Run
VA Medical Center
Martinsburg, WV 25405

Questions email: Beth.Gearhart@va.gov
304-263-0811 ext. 3607



Schedule

9:00 A.M. 5K/1K Run-Walk-Roll
10:00 A.M. 1K Kids Fun Run
10:30 A.M. 5K Awards



Assisted by the Shenandoah Valley Runners

Veterans Day Road to Freedom

5K/1K Run, Walk or Roll

Please check:

- ☐ 5K Run
☐ 1K Walk/Roll (non-competitive)
☐ 1K Kids Fun Run (non-competitive)

Wheelchair may be pushed by another
or motorized.

Name

Last First Int.

Address

City State Zip

☐ Male
☐ Female
☐ Veteran
Age: as of 11-12-11 _____

Shirt size: ☐S ☐M ☐L ☐XL ☐2XL



complete both sides of this form, detach and mail to the address on the previous page